YEAR 10 FOOD PREPARATION & NUTRITION Learning Journey

Braising
Fruit Sugars
Minerals
Coeliac
Basted
Caramelisation
Simmer
Aeration
Fillet
Additives
Lactose
Batter
Catalyst
Julienne
Enzymic Browning
Coagulation
Vitamins
Tagine
Yeast
Ambient
Dextrinization
Blanching
Kneed
Conduction
Convection
Radiation

Function & Chemical





Healthy Cooked Breakfast, Leek & Potato Soup with Accompaniment, Upside Down Fruit Cake













YEAR 10

PRINCIPLES OF NUTRITION

Diet & Good Health, Macro/Micronutrients
Factors affecting Food Choice, Allergies, Eat Well Guide, Food Spoilage, Provenance, Food Miles & Food Waste



COMMODITIES POULTRY, EGGS, FISH, NUTS, BEANS & BEEF

Chicken Kiev, Roast Chicken, Crème Brûlée, Deboning, Stir Fry,
Fish Poaching, Baking & Frying
Beans and pulses burgers
Beef burgers – Farming , sustainability

THE SCIENCE OF COOKING

Shortbread, Flaky Pastry, Choux Pastry, Tart Tatin, Butter Making



Technological Developments, Air fryers

CULTURE MILK, EGGS, BUTTER

Italian Pasta, Indian Paneer, Ice Cream, Indian Cuisine, Onion Bhaji, Thai Red Curry, Spring Rolls



Practicals

PREP FOR NEA1

COMMODITIES CEREALS ALTERNATIVE FOOD

Zucchini Noodles, Jack fruit, Tofu, Oat & Wheat Crackers, Flapjacks

